PERSONAL TRAINING @ILTSC

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ZOE

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BOOK NOW

Ilkley Lawn Tennis & Squash Glub

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IMET

7.15am Spin with Sarah	7.15am Spin				
inter curun	with Emma	7.15am Velocity with Gareth	7.15am Velocity with Jonny	8.15am Spin	9.00am Spin with Jonathan
7.15am Pilates Fusion with Emma	7.15am Velocity with Holly	8.00am Bodyburn with Kiara	8.00am Spin with Sarah	9am Bodyattack with Jonathan / Rebecca	9.30am Bodypump with Adela
8.15am Total Tone with Sarah	7.15am Vinyasa Flow Yoga with Claire Roo	8.00am Spin with Rebecca	8.15am Bodypump with Claire	9.15am Spin	10.45am Yoga with David
9.15am Hatha Yoga with Laura	8.15am Peak Posture with Freya	9.00am PIYO with Rebecca 825 6363 2011	9.00am Velocity with Jonny	10.15am Bodypump with Jonathan / Rebecca	
9.30am Spin with Claire	8.30am Spin Express with Jo	9.00am Spin with Kiara	9.00am Spin with Sarah	1	
10.30am Bodypump with Claire	9.15am Spin with Jo	9.30am LBT with Ele	9.30am Metafit with Claire		
11.30am Pilates with Ele	9.30am Bodypump with Claire	10.00am Pilates with Rebecca	10.15am Pilates with Jo	2. 24	
25 Y (10.45am Yoga with Michelle	10.15am LIFT With Tilly & Marcus			
		11.00am Pulse Pilates with Ele			
5.30pm Bodypump with Claire			A SAL		
5.30pm Spin with Gareth	5.15pm Pilates with Freya	5.15pm Bodypump with Claire 814 1726 8938	Am		
6.30pm Spin Express with Gareth	6.15pm Bodypump with Jonathan	5.30pm Spin with Gareth	6.15pm Slow Flow Yoga with Louisa		
6.30pm Velocity with Jonny	6.15pm Pilates Foundations with Freya	6.30pm Pilates with Freya	5.15pm Pilates with Freya		
6.45pm Yoga with Claire	6.30pm Spin with Holly	6.30pm Spin with Claire			
7.30pm Pilates with Jo	7.15pm Vinyasa Yoga with Louisa	7.30pm Yoga with Claire Roo	6.00pm Velocity with Tilly		
	8.15am Total Tone with Sarah9.15am Hatha Yoga with Laura9.30am Spin with Claire10.30am Bodypump with Claire11.30am Pilates with Ele5.30pm Bodypump with Claire5.30pm Spin with Gareth6.30pm Spin Express with Gareth6.30pm Velocity with Jonny6.45pm Yoga with Claire7.30pm Pilates	8.15am Total Tone with Sarah7.15am8.15am Total Tone with Sarah7.15amVinyasa Flow Yoga with Claire Roo8.15am Peak Posture with Freya9.15am Hatha Yoga with Laura8.15am Peak Posture with Freya9.30am Spin with Claire8.30am Spin Express with Jo10.30am Bodypump with Claire9.15am Spin with Jo11.30am Pilates with Ele9.30am Bodypump with Claire5.30pm Bodypump with Claire9.30am Bodypump with Michelle5.30pm Bodypump with Gareth5.15pm Pilates with Freya6.30pm Spin Express with Gareth6.15pm Bodypump with Jonathan6.30pm Velocity with Jonny6.30pm Spin e Jonations with Freya6.45pm Yoga with Claire6.30pm Spin with Holly7.30pm Pilates7.15pm Vinyasa Yoga	8.15am Total Tone with Sarah7.15am Vinyasa Flow Yoga with Claire Roo8.00am Spin with Rebecca9.15am Hatha Yoga with Laura8.15am Peak Posture with Freya9.00am PIYO with Rebecca 825 6363 20119.30am Spin with Claire8.30am Spin Express with Jo9.00am Spin with Kiara10.30am Bodypump with Claire9.15am Spin with Jo9.30am LBT with Kiara11.30am Pilates with Claire9.30am Bodypump with Claire9.15am Spin with Jo11.30am Pilates with Claire9.30am Bodypump with Claire10.00am Pilates with Rebecca11.30am Pilates with Claire9.30am Bodypump with Claire10.15am LIFT With Tilly & Marcus11.00am Pilates with Gareth5.15pm Pilates with Gareth5.15pm Bodypump with Claire5.30pm Spin with Gareth6.15pm Pilates with Jonny5.30pm Spin song Spin with Jonny6.45pm Yoga with Claire6.30pm Spin with Holly6.30pm Spin with Claire7.30pm Pilates with Claire7.15pm Vinyasa Yoga7.30pm Yoga	8.15am Total Tone with Sarah7.15am Vinyasa Flow Yoga with Claire Roo8.00am Spin with Rebecca8.15am Bodypump with Claire9.15am Hatha Yoga with Laura8.15am Peak Posture with Claire Roo9.00am PIYO with Rebecca 825 6363 20119.00am Velocity with Jonny9.30am Spin with Claire8.30am Spin Express with Jo9.00am Spin with Kara9.00am Spin with Sarah10.30am Bodypump with Claire9.15am Spin with Jo9.30am LBT with Sarah9.30am Metafit with Sarah10.30am Bodypump with Claire9.15am Spin with Jo9.30am LBT with Sarah9.30am Metafit with Sarah11.30am Pilates with Ele9.30am Bodypump with Claire10.00am Pilates with Claire10.15am IIET with Jo11.30am Pilates with Claire9.30am Bodypump with Claire10.15am LIFT With Tilly & Marcus10.15am Pilates with Jo5.30pm Bodypump with Claire5.15pm Pilates with Freya5.15pm Bodypump with Claire6.15pm Slow Flow Yoga with Louisa5.30pm Spin with Gareth6.15pm Bodypump with Jonathan5.30pm Spin with Gareth6.15pm Pilates with Freya6.30pm Velocity with Jonny6.15pm Pilates with Helly6.30pm Spin with Claire5.15pm Pilates with Freya6.45pm Yoga with Claire6.30pm Spin with Claire6.15pm Pilates with Freya5.30pm Spin with Claire7.30pm Pilates with Claire7.30pm Yoga with Claire6.30pm Spin with Claire6.30pm Velocity	Rebecca8.15am Total Tone with Sarah7.15am Vinyasa Flow Yoga with Claire Roo8.00am Spin with Rebecca8.15am Bodypump with Claire9.15am Spin9.15am Hatha Yoga with Laura8.15am Peak Posture with Freya9.00am PIYO with Rebecca 825 6363 20119.00am Velocity with Jonny10.15am Bodypump with Jonny9.30am Spin with Claire8.30am Spin Express with Jo9.00am Spin with Kiara9.00am Melocity with Jonny10.15am Bodypump with Jonathan / Rebecca9.30am Bodypump with Claire9.15am Spin with Jo9.30am LBT with Klara9.30am Metafit with Claire10.30am Bodypump with Claire9.30am Bodypump with Claire9.30am Metafit with Rebecca10.15am Pilates with Claire11.30am Pilates with Glaire9.30am Bodypump with Claire10.15am Vinyasa10.15am Claire5.30pm Bodypump with Gareth10.45am Yoga with Gareth10.15am LIFT with Claire10.15am Claire5.30pm Spin with Gareth5.15pm Pilates with Gareth5.15pm Bodypump with Gareth5.15pm Bodypump with Gareth6.30pm Velocity with Jonny6.15pm Pilates with Gareth6.30pm Spin with Gareth6.30pm Spin with Gareth6.30pm Spin with Gareth7.30pm Pilates with Claire6.30pm Spin with Gareth6.30pm Spin with Gareth6.30pm Spin with Gareth7.30pm Pilates with Claire6.30pm Spin with Gareth6.30pm Spin with Gareth6.30pm Spin with Gareth7.30pm Pilates with Claire6.30pm Spin with Gareth6.